



Honolulu Marathon  
Hawaii High School Athletic Association  
Cross Country State Championships  
Central Oahu Regional Park, Oahu  
Saturday, November 1, 2025

**HONOLULU MARATHON  
HHSAA CROSS COUNTRY STATE CHAMPIONSHIPS  
SATURDAY, NOVEMBER 1, 2025**

**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION**

Executive Director .....Chris Chun  
Associate Director ..... Russ Aoki  
General Manager ..... Luther Beck  
Cross Country Coordinator..... John Medeiros  
Cross Country Assistant Coordinators..... Les Pelletier & Scott Wagner

**TOURNAMENT COMMITTEE**

Host School ..... Hanalani Schools, Mid-Pacific Institute  
Big Island Interscholastic Federation .....Lyle Crozier, Executive Director  
..... Stephen Perry, Coordinator  
Interscholastic League of Honolulu..... Blane Gaison, Executive Director  
..... Jeremy Honold, Coordinator  
Kauai Interscholastic Federation .....Jason Yoshida, Executive Director  
..... Jerry Jona, Coordinator  
Maui Interscholastic League.....Joseph Balangitao, Executive Director  
.....Kieran Devanney, Coordinator  
Oahu Interscholastic Association..... Bryce Kaneshiro, Executive Director  
..... Laynie Sueyasu, Coordinator  
Meet Referee ..... John Medeiros  
Clerk of Course..... Les Pelletier  
Starter ..... Mark Inay  
Re-Call Starter ..... Les Pelletier  
Appeals Committee ..... Chris Chun, John Medeiros & league representatives  
Official scorer .....Manu Shelley, Pacific Sport Events & Timing  
Athletic Trainers ..... ILH Athletic Trainers

**SPECIAL THANKS**

Honolulu Marathon Association.....Dr. Jim Barahal, Executive Director  
..... Richard Sutton, Jr., Vice President-Director  
..... Jeanette Chun

# HONOLULU MARATHON / HHSAA STATE CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 1, 2025

Central Oahu Regional Park, Oahu

## TOURNAMENT INFORMATION

### I. Representation

Each league shall determine the method of selecting their entries, subject to the following limitations of cross-country runners allocated to the league.

- A. Representation for the tournament is limited to 200 boys and 200 girls.
- B. Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than one-half shall be counted if possible to the next whole number with highest percentages and number of entries being used to keep the total number of entries per division to 200.
- C. The following format was determined based on the number of schools participating within the leagues.

Total number of berths for state tournament as of **10/13/2025**. For the most current tournament representation, and to view which schools have declared for Division II, visit [www.hhsaa.org](http://www.hhsaa.org).

|       | BOYS | GIRLS |
|-------|------|-------|
| OIA   | 61   | 65    |
| ILH   | 39   | 42    |
| BIIF  | 50   | 45    |
| MIL   | 36   | 33    |
| KIF   | 14   | 15    |
| TOTAL | 200  | 200   |

Each **participating school** must submit their Official School Entry Form (see enclosed entry form) to their League Cross Country Coordinator and [roster@hhsaa.org](mailto:roster@hhsaa.org) by **Monday, October 27, 2025, 9:00 a.m.**

Each **League Cross Country Coordinator** must submit their Official League Entry Form to John Medeiros by **Monday, October 27, 2025, 9:00 a.m.**

### II. Tournament Format and Time Schedule

#### A. Format

Girls race first during even numbered years (i.e. 2024, 2026, 2028); the boys race first during odd numbered years (i.e. 2025, 2027, 2029). Schedule is subject to change at HHSAA Executive Director's discretion.

There will be one race for each gender, with separate scoring teams for the Division I and Division II classifications.

Race Distances for boys and girls will be 5 kilometers (3 miles, 188 yards, 2 inches).

## B. Time Schedule

### Friday, October 31, 2025

|                   |                                               |
|-------------------|-----------------------------------------------|
| 3:30 pm - 5:00 pm | Course inspection (team personnel ONLY)       |
| 4:00 pm           | Coaches' meeting at the finish line bleachers |

### Saturday, November 1, 2025

|                  |                                              |
|------------------|----------------------------------------------|
| 6:30 - 7:15 a.m. | Course inspection                            |
| 7:15 a.m.        | Boys warm-up time                            |
| 7:30 a.m.        | Coaches' meeting (at finish line)            |
| 8:15 a.m.        | Last call for boys race                      |
| 8:30 a.m.        | Boys <i>race begins</i> ; girls warm-up time |
| 9:00 a.m.        | Last call for girls race                     |
| 9:15 a.m.        | Girls <i>race begins</i>                     |
| 10:15 a.m.       | Presentation of awards                       |

## III. Coaches' and Officials' Meeting

All coaches or their designees are **required to attend** the coaches' meeting at **4:00 p.m., on Friday, October 31, at finish line.**

The following will be finalized at the coaches meeting:

1. Coaches will check the forms to finalize entries.
2. Meet officials will answer any questions regarding the boys and girls courses.
3. Schools' starting positions will be determined.
4. Race numbers and computer chips for each runner will be issued.
5. Other pertinent information will be discussed as necessary.

Late changes may be permitted only upon direct verification (written or verbal) from a physician or athletic trainer to the HHSAA cross country coordinator.

Deadline: **7:30 a.m. on race day**

## IV. Code-of-Conduct

- A. The coach shall have direct responsibility for the conduct of team members prior to, during, and after tournament competition (in the hotel, in public, at the tournament, transportation to and from sites, etc.).
- B. The HHSAA Executive Director may establish a common curfew hour as needed.
- C. The drinking of alcoholic beverages, smoking, drug use, loud, unruly, or destructive behavior will not be tolerated.
- D. Coaches are requested to inform their athletes of hotel rules and regulations. Please emphasize the importance of appropriate conduct and behavior, and consideration for other guests at the hotel. Schools and students will be charged for damages incurred by them at the hotel.
- E. It is recommended that schools inform parents regarding Code-of-Conduct in writing.

## CROSS COUNTRY

### I. SPECIFIC OBJECTIVES

- A. To determine the individual and team state Cross Country championships for boys and girls.
- B. To promote interest in Cross Country running for both students and adults.
- C. To recognize the combined efforts of all participating teams and schools in the tournament.
- D. To encourage the highest principles and standards of attitude and general behavior.
- E. To promote the highest principles of good citizenship in tournament competitions.

### II. OFFICIALS

- A. Officials shall be selected from the host league.

### III. ELIGIBILITY

- A. There shall be a maximum of 200 each for boys and girls. Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than on-half shall be counted if possible to the next whole number with the highest percentages and number of entries being used to keep the total number or entries per division to 200.
- B. All contestants must have completed a medical examination based on HHSAA and league requirements.
- C. A school may enter one to a maximum of seven runners. A school that enters less than five runners is not eligible for the state team title. Point total of the first five runners scoring for a school shall determine the state team championship.

### IV. RULES GOVERNING TOURNAMENT

- A. National Federation Cross Country Rules shall prevail with HHSAA modification, as needed.
- B. Whenever possible, on the day of the meet, allow participants to walk the course up to the time of the final call for the first race.
- C. The Rules Committee shall consist of the HHSAA Executive Director, the Sport Coordinator, and the Tournament Director, whom shall act on any protest or unusual circumstances, whenever necessary.
- D. *No one will be permitted on the course while the championships are in progress.*
- E. Aids including, but not limited to, GPS devices, body monitors, "smart" watches, etc. will not be permitted to be worn by runners. Only watches not considered an aid for racing and strictly used to keep time will be allowed.
- F. Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall **NOT** carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

### V. TOURNAMENT REPRESENTATION

Each league shall determine the method of selecting their entries, subject to the following limitations of cross-country runners allocated to the league:

- A. Representation for the tournament is limited to 200 boys and 200 girls.
- B. Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than one-half shall be counted to the next whole number, with highest percentages considered to keep the total number of entries at the specified limits for boys and girls. In case of a tie for the last entry, the last entry shall be awarded to the host league.
- C. The slot for a qualified participant who cannot participate in the meet belongs only to the league in which that athlete participates. Substitutions will come from the list of league alternates, following that league's rule for qualifiers to state tournaments. If the league cannot fill the vacancy with an alternate, the vacancy will remain unfilled.
- D. In the team competition, a Division I and II team champion will be recognized.

#### VI. TOURNAMENT FORMAT AND TIME SCHEDULE

##### A. Race Distance

Five kilometers (5K) = 3 miles, 188 yards, 2 inches. *(Rev. 06/2016)*

##### B. Time Schedule – 1<sup>st</sup> race to start at 8:30 am

(Note: Boys and girls races shall alternate going first annually.)

|                  |                                                     |
|------------------|-----------------------------------------------------|
| 6:15 - 7:15 a.m. | Course inspection                                   |
| 7:15 a.m.        | Boys'/Girls' warm-up time                           |
| 7:30 a.m.        | Coaches' meeting (at finish line)                   |
| 8:15 a.m.        | Last call for Boy's/Girls' race                     |
| 8:30 a.m.        | Boys'/Girls' race begins, Girls'/Boys' warm-up time |
| 9:00 a.m.        | Last call for Girls'/Boys' race                     |
| 9:15 a.m.        | Girls'/Boys' race begins                            |
| 10:15 a.m.       | Presentation of Awards                              |

##### C. One race per gender, with Division I and Division II teams to be scored separately. *(Adopted 06/2016)*

##### D. Electronic Scoring/Timing System

An electronic scoring/timing system is to be used. A back-up scoring/timing system shall be used as well. Race numbers (to be supplied by HHSAA) will be assigned to each runner by the HHSAA Cross Country Coordinator.

#### VII. SIZE OF TEAM

A school may enter one to a maximum of seven runners. A school that enters less than five runners is not eligible for the state team title. Point total of the first five runners scoring for a school shall determine the state team championship.

#### VIII. SEEDING

Lanes shall be chosen by random drawing in the following groups of teams, in the following order:

- A. League champions
- B. Scoring teams
- C. Non-scoring teams

#### IX. UNIFORMS

- A. All contestants are required to wear cross country uniforms designated by their respective schools, preferably with school identifying insignia. Shoes are required.
- B. Uniforms do not need printed numbers on the front and back of uniform. Race numbers (to be supplied by HHSAA) will be assigned to each runner by the HHSAA Cross Country Coordinator.

X. AWARDS

- A. Permanent championship trophies for boys and girls teams.
- B. Permanent runner-up trophies for girls and boys teams.
- C. Eight gold medals for boys and girls championship team members.
- D. Individual awards: The first 20 individuals for girls and boys shall be awarded medals (1<sup>st</sup> place, gold; 2<sup>nd</sup> place, silver; 18 bronze medals for places 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, and 20).
- E. Schools may order extra medals for team members at their own expense.

XI. TRANSPORTATION

All schools are responsible for their own air and ground transportation reservations.

XII. EVALUATION

- A. Any future recommendations concerning the state meet shall be submitted to the HHSAA Executive Director in writing within two weeks after the meet.
- B. Official results of the tournament are to be submitted by the Sport Coordinator to the HHSAA Executive Director as soon as possible after the meet.





## **CENTRAL OAHU REGIONAL PARK**

COURSE MAP: 5000M: Start ■■■■■ 1Mile ■■■■■ 2Mile ■■■■■ Finish





## Hawaii High School Athletic Association

- P.O. BOX 11419 • HONOLULU, HAWAII 96828 •
- PHONE: (808) 800-4092
- [www.hhsaa.org](http://www.hhsaa.org) - [info@hhsaa.org](mailto:info@hhsaa.org) •

## 2025 HONOLULU MARATHON / HHSAA CROSS COUNTRY SOUVENIR T-SHIRT PRE-ORDER FORM

\_\_\_\_\_ School requests to order the following sizes of the souvenir Drifit T-shirts at \$20.00 per shirt.

| Size    | Quantity | Price              | Total |
|---------|----------|--------------------|-------|
| Small   |          | \$20.00            |       |
| Medium  |          | \$20.00            |       |
| Large   |          | \$20.00            |       |
| X-Large |          | \$20.00            |       |
| XXL     |          | \$20.00            |       |
|         |          | <b>GRAND TOTAL</b> |       |



Email preorders to your respective host (see below) school. Quantities limited. Checks payable to HHSAA may be brought to the tournament site.

### TOURNAMENT HOST:

**Jeremy Honold**, Athletic Director  
Hanalani Schools  
E-mail: [jhonold@hanalani.org](mailto:jhonold@hanalani.org)

Contact person: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

# HHSAA CROSS COUNTRY CHAMPIONS - BOYS

| <u>Year</u>                           | <u>Team</u> | <u>Score</u> | <u>Coach</u>       | <u>Individual Champion</u><br><i>(Two Mile Course)</i> | <u>School</u> | <u>Time</u> | <u>Course</u>          |
|---------------------------------------|-------------|--------------|--------------------|--------------------------------------------------------|---------------|-------------|------------------------|
| 1965                                  | Punahou     | 48           | Al Rowan           | Duncan Macdonald                                       | Kailua        | 10:10.0     | Pali GC                |
| 1966                                  | Kamehameha  | 47           | Lee Thomas         | Duncan Macdonald                                       | Kailua        | 10:10.2     | Pali GC                |
| 1967                                  | Kamehameha  | 82           | Lee Thomas         | George Rapoza                                          | Hilo          | 10:40.3     | Pali GC                |
| 1968                                  | Castle      | 44           | Harold Kuha        | Curt Mench                                             | Castle        | 10:02.9     | Pali GC                |
| 1969                                  | Damien      | 56           | Walker Chapman     | Curt Mench                                             | Castle        | 9:42.8      | Pali GC                |
| 1970                                  | Damien      | 71           | Walker Chapman     | Henry Marsh                                            | Punahou       | 10:05.5     | Waiehu GC              |
| 1971                                  | Kalani      | 75           | George Butterfield | Henry Marsh                                            | Punahou       | 10:10.9     | Pali GC                |
| 1972                                  | Kalani      | 95           | George Butterfield | Stein Rafto                                            | MPI           | 10:37.1     | HPA Campus             |
| 1973                                  | Kalani      | 77           | George Butterfield | Stein Rafto                                            | MPI           | 10:03.6     | Pali GC                |
| <i>(Two and One-half Mile Course)</i> |             |              |                    |                                                        |               |             |                        |
| 1974                                  | Radford     | 53           | Thomas Chun        | Nolan Gonsalves                                        | Honokaa       | 13:34.2     | Waiehu GC              |
| 1975                                  | Radford     | 66           | Thomas Chun        | Gary Myers                                             | Radford       | 15:46.9     | Pali GC                |
| <i>(Three Mile Course)</i>            |             |              |                    |                                                        |               |             |                        |
| 1976                                  | Radford     | 123          | Thomas Chun        | Dennis Hansen                                          | Maryknoll     | 17:17.1     | HPA Campus             |
| 1977                                  | Radford     | 28           | Thomas Chun        | David Lynch                                            | Radford       | 16:01.7     | Pali GC                |
| 1978                                  | Punahou     | 67           | Ralph Dykes        | David Lynch                                            | Radford       | 16:04.0     | Pali GC                |
| 1979                                  | Radford     | 44           | Thomas Chun        | Jeff Schmitt                                           | Radford       | 16:17.2     | Waiehu GC              |
| 1980                                  | Radford     | 60           | Thomas Chun        | Pat Frederick                                          | Radford       | 16:33.3     | Hawaii Loa             |
| 1981                                  | Punahou     | 72           | Ralph Dykes        | Joey Bunch                                             | Radford       | 16:49.7     | Hawaii Loa             |
| 1982                                  | Radford     | 73           | Thomas Chun        | Joey Bunch                                             | Radford       | 16:45.4     | HPA Campus             |
| 1983                                  | Hawaii Prep | 35           | Stan Shutes        | Alan Anzai                                             | St. Louis     | 15:45.0     | Kaanapali              |
| 1984                                  | Seabury     | 87           | Noel Murchie       | Enrique Ryan                                           | St. Louis     | 16:53.9     | HPA Campus             |
| 1985                                  | Punahou     | 57           | Ralph Dykes        | Kenny May                                              | Punahou       | 15:41.9     | Wailua GC              |
| 1986                                  | Punahou     | 38           | Ralph Dykes        | Kenny Miller                                           | Punahou       | 15:41.1     | Kaanapali              |
| 1987                                  | Punahou     | 64           | Ralph Dykes        | Paul Bedish                                            | Maryknoll     | 16:47.4     | HPA Campus             |
| 1988                                  | Punahou     | 41           | Ralph Dykes        | Richie May                                             | Punahou       | 15:41.9     | Kauai CC               |
| 1989                                  | Punahou     | 72           | Ralph Dykes        | Dean Frampton                                          | Seabury       | 16:09.6     | Kaanapali GC           |
| 1990                                  | Punahou     | 72           | Ralph Dykes        | Tom Jeffrey                                            | Punahou       | 16:53.4     | HPA Campus             |
| 1991                                  | Punahou     | 83           | Ralph Dykes        | Damian Potts                                           | Lahaina       | 16:05.4     | KukuilonoGC            |
| 1992                                  | Hawaii Prep | 58           | Karl Honma         | Shawn Nixon                                            | Kalaheo       | 16:22.4     | Kaanapali GC           |
| 1993                                  | Hawaii Prep | 55           | Karl Honma         | Shawn Nixon                                            | Kalaheo       | 17:01.7     | HPA Campus             |
| 1994                                  | Hawaii Prep | 63           | Karl Honma         | Matt Stevens                                           | Hi Baptist    | 15:45.5     | Kukuilono GC           |
| 1995                                  | Hawaii Prep | 75           | Karl Honma         | Matt Stevens                                           | Hi Baptist    | 15:34.71    | Waiehu GC              |
| 1996                                  | Punahou     | 69           | Ralph Dykes        | Matt Stevens                                           | Hi Baptist    | 17:09.00    | HPA Campus             |
| 1997                                  | Kamehameha  | 83           | Steve Jenness      | Joshua Villanueva                                      | Hilo          | 16:13.00    | Waiakea                |
| 1998                                  | Kamehameha  | 63           | Steve Jenness      | James Googe                                            | Radford       | 15:47.00    | Kauai CC               |
| 1999                                  | Kamehameha  | 52           | Steve Jenness      | Robby Philipp                                          | Mililani      | 16:35.00    | Maui Lani GC           |
| 2000                                  | Kamehameha  | 37           | Steve Jenness      | Justin Peterson                                        | Kamehameha    | 17:35.00    | HPA Campus             |
| 2001                                  | Kamehameha  | 63           | Steve Jenness      | Todd Iacovelli                                         | Punahou       | 15:45.00    | Kauai CC/Island        |
| 2002                                  | Kamehameha  | 54           | Steve Jenness      | J.B. Bolson                                            | Kamehameha    | 16:36.00    | Central Oahu Reg. Park |
| 2003                                  | Iolani      | 56           | Jim Rubasch        | Jeremy Kamakaala                                       | Kamehameha    | 16:30.00    | Dunes at Maui Lani GC  |
| 2004                                  | Kamehameha  | 73           | Steve Jenness      | Emmett Weatherford                                     | Hawaii Prep   | 17:21.65    | HPA Campus             |
| 2005                                  | Iolani      | 66           | Jim Rubasch        | Jeremy Kamakaala                                       | Kamehameha    | 15:22.40    | Kauai CC               |

| <u>Year</u>                    | <u>Team</u>      | <u>Score</u> | <u>Coach</u>     | <u>Individual Champion</u> | <u>School</u> | <u>Time</u> | <u>Course</u>          |
|--------------------------------|------------------|--------------|------------------|----------------------------|---------------|-------------|------------------------|
| 2006                           | Kamehameha       | 79           | Steve Jenness    | Bryce Jenkins              | Leilehua      | 16:23.3     | Central Oahu Reg. Park |
| 2007                           | Leilehua         | 37           | Shawn Nakata     | Bryce Jenkins              | Leilehua      | 16:07.95    | Kapalua Village GC     |
| 2008                           | Leilehua         | 75           | Shawn Nakata     | Bryce Jenkins              | Leilehua      | 17:13.00    | HPA Campus             |
| 2009                           | Kamehameha       | 56           | Steve Jenness    | Margarito Martinez         | Leilehua      | 15:50.05    | Island School          |
| 2010                           | Kamehameha       | 46           | Steve Jenness    | Margarito Martinez         | Leilehua      | 15:56.65    | Central Oahu Reg. Park |
| 2011                           | Leilehua         | 55           | Shawn Nakata     | Troy Esaki                 | Iolani        | 16:29.00    | Kapalua Village GC     |
| 2012                           | Kamehameha       | 83           | Steve Jenness    | Davis Kaahanui             | Kamehameha    | 17:07.90    | HPA Campus             |
| 2013                           | KS-Kapalama      | 59           | Steve Jenness    | Davis Kaahanui             | KS-Kapalama   | 15:47.51    | Island School          |
| 2014                           | KS-Kapalama      | 59           | Steve Jenness    | Kaeo Kruse                 | KS-Kapalama   | 15:38.19    | Central Oahu Reg. Park |
| 2015                           | 'Iolani          | 79           | Jack Kuo         | Kaeo Kruse                 | KS-Kapalama   | 15:22.23    | Seabury Hall           |
| <b>(Five Kilometer Course)</b> |                  |              |                  |                            |               |             |                        |
| 2016                           | 'Iolani          | 35           | Jack Kuo         | Connor Lehl                | Punahou       | 17:42.34    | HPA Campus             |
| 2017                           | 'Iolani          | 39           | Jack Kuo         | Colby Otero                | Kalaheo       | 16:21.91    | Island School          |
| 2018                           | Maui             | 49           | Jared Welch      | Adam Harder                | Hanalani      | 16:50.85    | Central Oahu Reg. Park |
| 2019                           | Punahou          | 41           | Duncan Macdonald | Hunter Shields             | Maui          | 16:15.60    | Seabury Hall           |
| 2020                           | No State Tourney |              |                  |                            |               |             |                        |
| 2021                           | Punahou          | 46           | Duncan Macdonald | Kaimana Cantere            | Maui          | 18:48.26    | HPA Campus             |
| 2022                           | Iolani           | 57           | Jack Kuo         | Keane Palmer               | Iolani        | 16:29.09    | Island School          |
| 2023                           | Iolani           | 43           | Jack Kuo         | Yuta Cole                  | Kalani        | 16:16.12    | Central Oahu Reg. Park |
| 2024                           | Iolani           | 68           | Jack Kuo         | James Millare              | Moanalua      | 15:57.27    | Keopulani Reg. Park    |

#### HHSAA CROSS COUNTRY CHAMPIONS - GIRLS

| <u>Year</u>                           | <u>School</u> | <u>Score</u> | <u>Coach</u> | <u>Individual Champion</u> | <u>School</u> | <u>Time</u> | <u>Course</u> |
|---------------------------------------|---------------|--------------|--------------|----------------------------|---------------|-------------|---------------|
| <b>(One and One-half Mile Course)</b> |               |              |              |                            |               |             |               |
| 1973                                  | Punahou       | 37           | Hugh Jenkins | Lee Ann Mullen             | Punahou       | 9:21.2      | Pali GC       |
| 1974                                  | Punahou       | 43           | Hugh Jenkins | Joni Pagala                | Farrington    | 9:03.2      | Waiehu GC     |
| 1975                                  | Radford       | 31           | Thomas Chun  | Kathy Robertson            | Radford       | 8:50.3      | Pali GC       |
| 1976                                  | Radford       | 48           | Thomas Chun  | June Chun                  | Roosevelt     | 9:48.2      | HPA Campus    |
| <b>(Two Mile Course)</b>              |               |              |              |                            |               |             |               |
| 1977                                  | Radford*      | 25           | Thomas Chun  | Val Cravens                | Kahuku        | 12:31.6     | Pali GC       |
| 1978                                  | Punahou       | 47           | Dan Tuttle   | Theresa Ellbogen           | HPA           | 14:39       | Pali GC       |
| 1979                                  | Punahou       | 29           | Hugh Jenkins | Carol Lam                  | Maryknoll     | 12:27.9     | Waiehu GC     |
|                                       |               |              | Dan Tuttle   |                            |               |             |               |
| 1980                                  | Radford       | 35           | Thomas Chun  | Tammy Cartwright           | Radford       | 12:39.9     | Hawaii Loa    |
| 1981                                  | Punahou       | 49           | Hugh Jenkins | Tammy Cartwright           | Radford       | 12:22.5     | Hawaii Loa    |
| 1982                                  | Punahou       | 28           | Hugh Jenkins | Michele Slipher            | Punahou       | 13:17.1     | HPA Campus    |
| 1983                                  | Punahou       | 32           | Hugh Jenkins | Nina Liahjell              | Kaiser        | 12:08.0     | Kaanapali GC  |
| 1984                                  | Punahou       | 54           | Hugh Jenkins | Nina Liahjell              | Kaiser        | 13:19.1     | HPA Campus    |
| 1985                                  | Punahou       | 33           | Hugh Jenkins | Nina Liahjell              | Kaiser        | 11:53.1     | Wailua GC     |
| 1986                                  | Punahou       | 34           | Hugh Jenkins | Fiona Glen                 | Moanalua      | 11:44.3     | Kaanapali GC  |
| 1987                                  | Hawaii Prep   | 43           | Phil Conley  | Missy Mowat                | Kaiser        | 13:42.0     | HPA Campus    |
| 1988                                  | Punahou       | 43           | Hugh Jenkins | Ann Matthews               | Punahou       | 11:54.8     | Kauai CC      |
| 1989                                  | Hawaii Prep   | 67           | Phil Conley  | Judy Stott                 | HPA           | 11:39.6     | Kaanapali GC  |
| 1990                                  | Seabury       | 67           | John Weinert | Erin Mendelson             | Punahou       | 13:32.1     | HPA Campus    |

|             |             |              |                  |                            |               |             |                        |
|-------------|-------------|--------------|------------------|----------------------------|---------------|-------------|------------------------|
| 1991        | Punahou     | 37           | Hugh Jenkins     | Maria Bergenheim           | Kalaheo       | 12:12.6     | Kukuilono GC           |
| <u>Year</u> | <u>Team</u> | <u>Score</u> | <u>Coach</u>     | <u>Individual Champion</u> | <u>School</u> | <u>Time</u> | <u>Course</u>          |
| 1992        | Punahou     | 36           | Hugh Jenkins     | Emily Taylor               | Punahou       | 13:44.6     | Kaanapali GC           |
| 1993        | Hawaii Prep | 61           | Phil Conley      | Magdalena Paszta           | Kalaheo       | 13:17.2     | HPA Campus             |
| 1994        | Hawaii Prep | 70           | Phil Conley      | Casey McGuire-Turcotte     | Ka'u          | 12:22.8     | Kukuilono GC           |
| 1995        | Punahou     | 62           | Hugh Jenkins     | Eri Macdonald              | Punahou       | 11:51.00    | Waiehu GC              |
| 1996        | Punahou     | 32           | Hugh Jenkins     | Eri Macdonald              | Punahou       | 13:33.00    | HPA Campus             |
| 1997        | Punahou     | 31           | Hugh Jenkins     | Eri Macdonald              | Punahou       | 12:13.00    | Waiakea                |
| 1998        | Iolani      | 53           | Greg Char        | Eri Macdonald              | Punahou       | 11:44.00    | Kauai CC               |
| 1999        | Punahou     | 27           | Duncan Macdonald | Victoria Chang             | Punahou       | 12:27.00    | Maui Lani GC           |
| 2000        | Punahou     | 61           | Duncan Macdonald | Annie Kawasaki             | St. Francis   | 13:26.00    | HPA Campus             |
| 2001        | Iolani      | 52           | Greg Char        | Christal Cuadra            | Maryknoll     | 12:03       | Kauai CC/Island        |
| 2002        | Iolani      | 37           | Greg Char        | Nicole Anderson            | Iolani        | 12:02       | Central Oahu Reg. Park |
| 2003        | Iolani      | 61           | Greg Char        | Tia Ferguson               | Seabury Hall  | 11:46       | Dunes at Maui Lani GC  |

|                                |                  |              |                  |                            |                |             |                        |
|--------------------------------|------------------|--------------|------------------|----------------------------|----------------|-------------|------------------------|
| <u>Year</u>                    | <u>School</u>    | <u>Score</u> | <u>Coach</u>     | <u>Individual Champion</u> | <u>School</u>  | <u>Time</u> | <u>Course</u>          |
| 2004                           | Kamehameha       | 73           | Dave Friedemann  | Lauren Ho                  | Hawaii Baptist | 12:34.95    | HPA Campus             |
| <b>(Three Mile Course)</b>     |                  |              |                  |                            |                |             |                        |
| 2005                           | Punahou          | 40           | Duncan MacDonald | Lauren Ho                  | Hawaii Baptist | 18:11.40    | Kauai CC               |
| 2006                           | Punahou          | 49           | Duncan MacDonald | Juliana Besenbruch         | Maryknoll      | 19:26.8     | Central Oahu Reg. Park |
| 2007                           | Punahou          | 64           | Duncan MacDonald | Kristin Ali Keith          | Mililani       | 19:31.55    | Kapalua Village GC     |
| 2008                           | Punahou          | 48           | Duncan MacDonald | Bailey Massenburg          | King Kekaulike | 20:42.90    | HPA Campus             |
| 2009                           | Punahou          | 62           | Duncan MacDonald | Elli Brady                 | Punahou        | 18:53.85    | Island School          |
| 2010                           | Punahou          | 48           | Duncan MacDonald | Dakota Grossman            | Seabury Hall   | 19:25.50    | Central Oahu Reg. Park |
| 2011                           | Hawaii Prep      | 35           | Mike Franklin    | Dakota Grossman            | Seabury Hall   | 19:27.50    | Kapalua Village GC     |
| 2012                           | Punahou          | 42           | Duncan Macdonald | Dakota Grossman            | Seabury Hall   | 20:21.85    | HPA Campus             |
| 2013                           | Punahou          | 62           | Duncan Macdonald | Dakota Grossman            | Seabury Hall   | 18:17.04    | Island School          |
| 2014                           | Punahou          | 62           | Duncan Macdonald | Lisa Tashiro               | Kaiser         | 18:59.90    | Central Oahu Reg. Park |
| 2015                           | Punahou          | 46           | Duncan Macdonald | Amanda Beaman              | 'Iolani        | 18:26.74    | Seabury Hall           |
| <b>(Five Kilometer Course)</b> |                  |              |                  |                            |                |             |                        |
| 2016                           | Punahou          | 28           | Duncan Macdonald | Veronica Winham            | Seabury Hall   | 20:55.66    | HPA Campus             |
| 2017                           | Punahou          | 19           | Duncan Macdonald | Veronica Winham            | Seabury Hall   | 19:16.10    | Island School          |
| 2018                           | Punahou          | 15           | Duncan Macdonald | Chloe Gangnath             | Seabury Hall   | 19:20.73    | Central Oahu Reg. Park |
| 2019                           | Punahou          | 26           | Duncan Macdonald | Emily Naylor               | Kalaheo        | 19:37.87    | Seabury Hall           |
| 2020                           | No State Tourney |              |                  |                            |                |             |                        |
| 2021                           | Punahou          | 26           | Duncan Macdonald | Izzy Ford                  | Punahou        | 21:24.07    | HPA Campus             |
| 2022                           | Punahou          | 38           | Duncan Macdonald | Zola O'Donnell             | Mililani       | 19:07.92    | Island School          |
| 2023                           | Punahou          | 65           | Todd Iacovelli   | Kekaihlani Halpern         | Hilo           | 19:25.56    | Central Oahu Reg. Park |
| 2024                           | Radford          | 88           | Tyler Sissel     | Sadie Krueger              | Moanalua       | 18:04.22    | Keopulani Reg. Park    |

**HHSAA CROSS COUNTRY CHAMPIONS – BOYS – DIVISION II****HHSAA CROSS COUNTRY CHAMPIONS – GIRLS – DIVISION II**

| <u>Year</u> | <u>School</u>    | <u>Score</u> | <u>Coach</u>    |
|-------------|------------------|--------------|-----------------|
| 2012        | Hawaii Baptist   | 130          | Derek Coryell   |
| 2013        | Seabury Hall     | 265          | Bill Frampton   |
| 2014        | Hawaii Prep      | 271          | Lupe Diaz       |
| 2015        | Hawaii Prep      | 265          | Lupe Diaz       |
| 2016        | Konawaena        | 38           | Patrick Bradley |
| 2017        | Hawaii Baptist   | 42           | Aaron Kondo     |
| 2018        | Hawaii Baptist   | 47           | Aaron Kondo     |
| 2019        | Seabury Hall     | 47           | Bill Frampton   |
| 2020        | No State Tourney |              |                 |
| 2021        | Hawaii Baptist   | 52           | Aaron Kondo     |
| 2022        | Hawaii Baptist   | 41           | Aaron Kondo     |
| 2023        | Seabury Hall     | 32           | Bobby Grossman  |
| 2024        | Hawaii Baptist   | 39           | Aaron Kondo     |

| <u>Year</u> | <u>School</u>    | <u>Score</u> | <u>Coach</u>   |
|-------------|------------------|--------------|----------------|
| 2012        | Seabury Hall     | 207          | Bobby Grossman |
| 2013        | Seabury Hall     | 92           | Bobby Grossman |
| 2014        | Seabury Hall     | 179          | Bobby Grossman |
| 2015        | Seabury Hall     | 104          | Bobby Grossman |
| 2016        | Seabury Hall     | 17           | Bobby Grossman |
| 2017        | Seabury Hall     | 23           | Bobby Grossman |
| 2018        | Hawaii Baptist   | 21           | Derek Coryell  |
| 2019        | Hawaii Baptist   | 29           | Derek Coryell  |
| 2020        | No State Tourney |              |                |
| 2021        | Hawaii Baptist   | 30           | Shelby Tanaka  |
| 2022        | Hawaii Baptist   | 29           | Shelby Tanaka  |
| 2023        | Hanalani School  | 48           | Jeremy Honold  |
| 2024        | Hawaii Prep      | 43           | Sierra Sanchez |